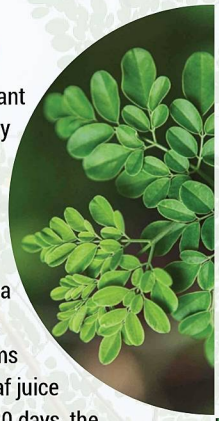
A Doctor's Experience



In Raebareli, Uttar Pradesh, a poor pregnant woman went to the hospital. She was very weak. The doctor advised her to eat well and take medication. (She is so poor and has no money to buy medicines. Where would she get the money to buy medicines?) She had heard about moringa leaves in women's groups. Every day, she consumed moringa leaves in various forms and also drank 1-2 spoons of moringa leaf juice only. When she went to the doctor after 30 days, the doctor was surprised to see that all her health parameters had improved, including hemoglobin.

- *Acts as an antioxidant*
- *Inhibits excessive hunger*
- *Counteracts toxins*
- *Prevents ulcers*
- *Improves digestion*
- *Heals wounds very quickly*
- *Prevents swelling*
- *Reduces wrinkles/signs of aging*
- *Maintains normal blood glucose levels*
- *Prevents tumors*
- *Acts as an antifungal agent*
- *Controls cholesterol*
- *Prevents urinary disorders*
- *Improves skin beauty*
- *Boosts energy*
- *Improves eyesight*
- *Maintains normal blood circulation*
- *Prevents mental anxieties*
- *Increases immunity*

Attain Unrivaled Health.

- Plant just one moringa tree, include moringa leaf powder in your diet, and share these facts with your relatives and friends to contribute to everyone's health and transform your surroundings into healthy environments.
- It is a truth that every individual can live healthily with their entire family by growing 5-6 plants either in their backyard or in pots and using some leaves daily in various forms.

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Courtesy

Trees for Life

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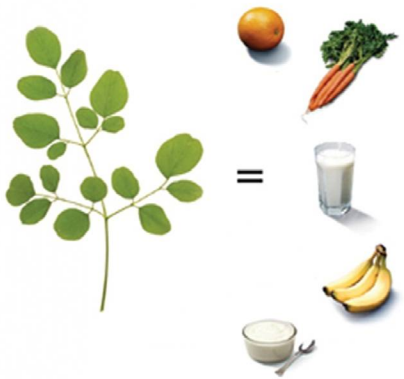
Moringa

Moringa Leaves

Numerous Uses of Moringa

Modern scientific research has revealed surprising facts about moringa leaves. It has been discovered that these small moringa leaves contain many nutrients essential for our body, along with medicinal properties that can cure 300 diseases.



Amazing Facts

1. The body needs amino acids and proteins for building muscle. Proteins are obtained through meat, eggs, milk, and other animal products. But the surprising fact is that moringa leaves have twice the amount of such proteins compared to yogurt.

2. Vitamin C boosts the immune system, prevents pathogens like colds and flu, and provides the strength to fight against diseases. Fruits like lemon, orange, sweet lime, gooseberry are storehouses of Vitamin C. Our moringa leaves have 7 times more Vitamin C than these fruits.

3. Potassium, which is very useful for the brain and nervous system, is present in moringa leaves. Usually, people with potassium deficiency are advised to eat bananas. But it has been found that moringa leaves have 3 times more potassium than bananas. Now, people are being advised to eat moringa leaves.

4. It develops the necessary hemoglobin for good health women in a very short time.

5. Vitamin "A" acts as a protective shield against eye, skin, and heart diseases, as well as other ailments like diarrhea. Carrots and leafy vegetables contain Vitamin "A". However, moringa leaves have more Vitamin A than carrots. Calcium is necessary for strong bones and teeth, and to prevent joint wear and provide energy. That's why people are advised to drink milk, which is rich in calcium. However, compared to milk, moringa leaves have 4 times more calcium.

How to Use Moringa Leaves

* Fresh or dried leaves can be added to any curry.
* Wash and dry the leaves in the shade, then powder and store them. This powder can be added to curries and pickles, and used like curry leaf powder.
* Boil fresh leaves, remove the water, and season it. It can be eaten as a curry with split chickpeas and coconut powder.
* A spoonful of powder can be mixed in a glass of water and drunk.
* A handful of leaves can be boiled and drink as tea.
* It can be added to lentils to make a leafy vegetable lentil dish.
* The juice of fresh leaves can be extracted and ½ a spoon can be consumed regularly.

The secret lies not only in moringa pods but also in its leaves.